Quiet Shifts & Patterns

Check what you already notice. Then name the patterns you are ready to release with help in Step Seven.

Quiet shifts I already notice

- ☐ I catch old habits sooner than before
- ☐ I pause more often before reacting
- ☐ I feel gentler toward my own growth
- ☐ I see old armor without shame
- ☐ I value my peace over being right
- ☐ I feel genuinely ready for renewal

List the top 3–4 patterns I am ready to release with help in Step Seven:

1. _____
2. _____
3. _____
4. _____

My Personal Statement of Willingness

Say it in your own words, not someone else's.

In my own words, what being "willing to grow" means to me today:

Date & Signature

Keep this page where you will see it on ordinary days.

Date completed: _____

Signature: _____